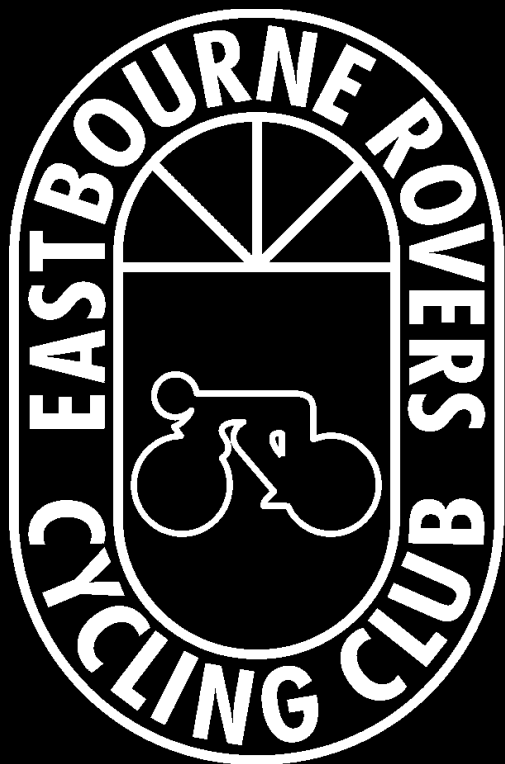


Eastbourne Rovers Cycling Club



2010 online Handbook

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President	Jane Lade
Life Members	Graham Cox, David Dunbar, Graham Lade & Jane Lade
Vice Presidents	Dave Dunbar, Stuart Greenway, George Henty, Brian Holt, Charles Robson, Gavin Smith & Richard Thomas
Chairman	Graham Lade
Secretary	Brian Holt
Treasurer	Peter Moon
Open Time Trial Secretary	Harry Featherstone
Club Time Trial Secretary	Dave Cox
Track Co-ordinator	Gavin Smith
Road Race Secretary	Iain Brogden
Audax Co-ordinator	Richard Thomas
Press Secretary	Tony Murphy
Minutes Secretary	Emma Richards
Committee Members	Stuart Davis & Alan Symonds
Auditor	Stuart Davis
Recorder	Ann Human

1. That this club be called Eastbourne Rovers Cycling Club and that the headquarters of the club be at such place as shall be determined by the committee from time to time.
2. The club colours shall be yellow, white and black and the design shall be as decided by the committee from time to time after taking into consideration the views of the club members.
3. That this club be affiliated to Cycling Time Trials, British Cycling and other bodies as decided by the committee.
4. Membership of the club to consist of senior, junior, juvenile, second claim and associate members.
5. The annual subscription shall be as decided at the annual general meeting. All subscriptions to become due on 01 January each year. Subscriptions of new members joining after 01 October shall be deemed to cover membership for the ensuing year.
6. No member whose subscription is in arrears is eligible to take part in any competition promoted by the club.
7. Second claim members may take part in any event and receive any awards that may be offered with the exception of the club's perpetual trophies.
8. The officers of the club shall consist of the President, Vice Presidents, Chairman, Secretary, Treasurer, Minutes Secretary, Racing Secretaries (road & track, time trials and off road) and five other committee members. Other officers may be appointed from the committee as may be deemed necessary by the annual general meeting.
9. A member may only hold the position of President for a maximum of three consecutive years. This would not preclude that member from being elected President again in the future.
10. When a committee member has been absent from three consecutive meetings or acted in a way that the committee may think objectionable, failing an explanation which is satisfactory to the remainder of that committee, the member shall lose his or her seat on the committee. The committee shall have the power to fill any vacancy on the committee.
11. A committee meeting shall consist of a quorum of at least seven members of the committee which of least two shall be officers of the club. The committee shall have the power to form sub committees for any purpose.
12. All trophies and equipment owned by the club, and any that may be acquired in the future, shall be the property of the club. The responsibility for the maintenance and safe keeping thereof shall rest with the committee.
13. All cheques to be signed by any two authorised committee members nominated to the bank.
14. The club's financial year shall end on 31 October and the annual general meeting shall be held within eight weeks of this date.
15. Any member wishing to resign from the club shall give notice in writing to the Secretary.
16. The Secretary shall keep a roll of all members and shall send out the requisite notice of all meetings and shall have the power to call a committee meeting on the written request of two members.
17. Any member violating the rules of the club or acting in any way that members may think objectionable may be expelled from the club at the discretion of the committee.

18. These rules shall be subject to alterations or amendments at the annual general meeting, due notice of such meeting together with such alterations or amendments to the rules having been sent to all members by the Secretary fourteen days prior to the meeting.
19. All alterations and amendments to the rules shall require the assent of two thirds of the members present at the annual or special general meeting.
20. Any member desirous of altering a rule, or proposing a new one, shall send notice in writing to the Secretary at least twenty one days before such a meeting.
21. In all cases of voting, where the votes are equal, the Chairman shall have the casting vote.

Protection of children and vulnerable adults Policy British Cycling handbook and guidelines 2003

As a result of Government legislation and membership of National Cycling bodies the club has an obligation to comply with the basic provisions contained within the above document namely a duty of care to protect all children and vulnerable adults whilst participating in club activities.

It is the responsibility of every club member to report any concerns that he or she may have regarding the welfare of any child or vulnerable adult, separately, to two members of the club committee, who should normally be the Secretary or the Chairman.

The club committee shall be responsible for any further action.

Club Membership Policy

Code of Conduct

As a member of Eastbourne Rovers Cycling Club, you are expected to conduct yourself in a reasonable manner whilst racing, training and leisure riding. Please do not abuse the laws of the road or provoke or insult other road users, because at best it can bring the club into disrepute and at worst it could curtail certain privileges, facilities and relationships with the authorities that cyclists and other club members enjoy.

CTT Regulations for the conduct of Road Time Trials

It is the responsibility of all riders to ensure that they comply with the Regulations as detailed in the CTT handbook or on their website www.ctt.org.uk/regulations.asp

A précis of some of the pertinent rules can be found at the end of this handbook but you should refer to the official documentation for full details.

Insurance

All members must be covered for third party accident liability. This can easily be achieved by joining British Cycling, the Cyclists Touring Club or the British Triathlon Association

First Claim Membership

In accordance with CTT regulations, a rider may only be a first claim member of one club and must enter open and semi open events in the name of that club. A rider who changes his club after the closing date for entries must ride in the name of the new club but is not eligible for any team award. A rider may only change his first claim club once in any calendar year.

Second Claim Membership

Second claim members may take part in any event and receive any awards that may be offered with the exception of the club's perpetual trophies.

Subscriptions for 2010

Senior (aged 18 or over)	£20	Subscriptions become due on 01 January each year.
Junior (aged 16 and 17)	£10	
Juvenile (aged 15 or under)	£10	Subscriptions of new members joining after 01 October shall be deemed to cover membership for the ensuing year.
Second Claim	£20	
Associate	£10	

Renewing your membership

A membership renewal form will be sent to current members together with the notification of the annual general meeting. Please complete and return to the Treasurer with the appropriate remittance. Additional membership application forms can be downloaded from our website www.eastbournerovers.com or requested from the Treasurer. Please note – no member whose subscription is in arrears is eligible to take part in any competition promoted by the club.

Contact: Peter Moon, Treasurer, Little Brook, 73 Wannock Lane, Eastbourne BN20 9SG, telephone 01323 485180 or e-mail little.brook@btinternet.com

Data Protection

The club is obliged to keep a roll of all its members, and information such as name and contact details will be held on the club's database for this purpose. Any member who objects to their details being held should let the secretary know.

Contact: Brian Holt, Secretary, 7 Manor Close, Willingdon, Eastbourne BN20 9LJ, telephone 01323 520646 or e-mail brian.holt@tiscali.co.uk

Submitting Results

Members are obliged to submit results to the Recorder as soon as possible following the last counting date, or earlier if finished racing for the season.

Contact: Ann Human, Recorder, Little Brook, 73 Wannock Lane, Eastbourne BN20 9SG, telephone 01323 485180 or e-mail ann.human@btinternet.com

Miscellaneous

Any non member helping the club at any event in any capacity shall be deemed to be a member of the club on the day of the event at which he or she is assisting.

Sponsorship

Eastbourne Rovers Cycling Club is not a sponsored club

Club Room

Stone Cross Memorial Hall, Stone Cross (opposite the Red Lion Public House)

Affiliations

Eastbourne Rovers Cycling Club is affiliated to

East Sussex Cycling Association (ESCA)	Cycling Time Trials (CTT)
Sussex Cyclists Association (SCA)	Cyclists Touring Club (CTC)
Southern Counties Cycling Union (SCCU)	British Cycling (BCF)
Kent Cycling Association (KCA)	

Website

Our club website address is	www.eastbournrovers.com
Our club e-mail address is	info@eastbournrovers.com

The website is maintained by Iain Brogden and contains a wealth of information including members' forum, club handbook, details of club events, results, newsletters, club and CTT forms etc., together with useful links to other sites.

Contact: Iain Brogden on 01323 520590 or e-mail iain@ciscom.co.uk

Press Secretary

Tony Murphy is the Press Secretary and would welcome notification of any newsworthy stories and photos that may be of interest to local newspapers.

Contact: Tony Murphy on 01323 410376 or e-mail tonyandemma@tonyandemma.plus.com

Club Handbook

The club handbook is produced by Ann Human, the cost of which is partly subsidised by advertising revenue, so please do your best to support those who have contributed. Please notify any errors or omissions, or put forward ideas for improvement.

Contact: Ann Human, Little Brook, 73 Wannock Lane, Eastbourne BN20 9SG, telephone 01323 485180 or e-mail ann.human@btinternet.com

Club Newsletter

The club newsletter is produced by Richard Thomas and can be downloaded from our website www.eastbournrovers.com – if you would like to be notified by e-mail when the next edition is available please let Richard know. Please submit your results, articles, pictures or items of interest or announcements for inclusion in the next edition, as all contributions are both welcome and appreciated.

Contact: Richard Thomas, 6 Park Lane, Eastbourne BN21 2UT, telephone 01323 502615 or e-mail richthomas@btinternet.com

Club colours are yellow, white and black. Very little Club clothing is held in stock but we do purchase at set times throughout the year. Contact Peter Moon to check current availability.

Range of Clothing		Sizes Available			
Lightweight Airtex jersey	With short sleeves	0	XXS	5	XL
Fleece lined Airtex jersey	With long sleeves	1	XS	6	XXL
Windtex Jacket		2	S	7	XXXL
Skin suit with gel inserts	With short or long sleeves	3	M	8	XXXXL
Bib shorts	With gel insert	4	L	9	XXXXXL

A club clothing order form can be downloaded from our website www.eastbournrovers.com or requested from the Treasurer. Your cheque, made payable to Eastbourne Rovers Cycling Club, must accompany your order.

Contact: Peter Moon, Treasurer, Little Brook, 73 Wannock Lane, Eastbourne BN20 9SG, telephone 01323 485180 or e-mail little.brook@btinternet.com

Club Pursuits**Monday Club Night**

We hold a club night at the Stone Cross Memorial Hall every Monday evening from 8:00pm to 10:30pm (not including bank holidays). Everyone is welcome – please come along for a chat and support the club and its members.

Turbo Sessions

These are held at the Stone Cross Memorial Hall every Monday evening during the winter from 8:30pm to 9:30pm (set up at 8:00pm) – Free to members and £2 for non-members.

Winter Club Runs

During the winter months, club runs leave the Horse and Groom Public House at Polegate crossroads at 9:15am each Sunday – variations to the type and length of ride will be made to suit the ability of the riders.

Contact: Dave Cox on 01323 507916 or e-mail suecoxey@tiscali.co.uk

Annual Prize Presentation Dinner

The annual prize presentation dinner is usually held on the third Saturday in January at the Afton Hotel, Eastbourne. Donations for raffle prizes are greatly appreciated.

Contact: Sue Cox on 01323 507916 or e-mail suecoxey@tiscali.co.uk

Committee Meetings

Committee meetings are usually held on the third Monday of each month at Stone Cross Memorial Hall.

Annual General Meeting

The annual general meeting will be held at Stone Cross Memorial Hall on the first Monday of December. The agenda for the meeting will include the minutes of the previous AGM, reports from officers and election of officials for the coming year. If you have a matter for inclusion in the agenda, please forward it to the Secretary in writing as least 28 days prior to the meeting. The agenda will be on the club notice board 14 days prior to the meeting.

Contact: Brian Holt, Secretary, 7 Manor Close, Willingdon, Eastbourne BN20 9LJ, telephone 01323 520646 or e-mail brian.holt@tiscali.co.uk

Please note – trophies need to be cleaned and returned to Graham Lade on or before the date of the AGM so they can be engraved ready for the prize presentation in January.

Tickets for the annual prize presentation dinner will be available for purchase at the AGM.

Club Best All Rounder Competition

Awards are given for first place in each category. In or to qualify for the club best all rounder competition you must submit your results to the Recorder.

Senior	Contested over 25, 50 and 100 miles in any open or association event this season. Based on an average mph from the best performance at each distance.
Veteran	Contested over 10, 25 and 50 miles in any open or association event this season. Based on the aggregate plus on standard from the best performance at each distance.
Ladies	Contested over 10, 25 and 50 miles in any open or association event this season. Based on an average mph from the best performance at each distance.
Junior	Contested over 10, 25 and 50 miles in any open or association event this season. Based on an average mph from the best performance at each distance.

Contact: Ann Human, Recorder, Little Brook, 73 Wannock Lane, Eastbourne BN20 9SG, telephone 01323 485180 or e-mail ann.human@btinternet.com

Club Senior Best All Rounder Results

Year	Pos	Rider	25 m	50 m	100 m	Av mph
2009	1	Iain Brogden	0:54:49	1:53:21	4:05:45	26.082
	2	Peter Moon	0:58:35	2:01:13	4:23:29	24.375
	3	Vic Butler	0:59:13	2:07:40	4:42:45	23.350
2008	1	Peter Moon	0:58:47	1:57:49	4:16:53	24.779
	2	Stuart Medhurst	0:57:23	2:09:29	4:26:13	23.949
	3	Adam Ford	1:03:09	2:08:39	4:52:11	22.536
	4	Tony Murphy	1:04:10	2:22:44	5:01:06	21.441
	5	Emma Richards	1:07:50	2:26:39	5:21:56	20.402
2007	1	Steve Frame	0:54:17	1:54:19	4:18:53	25.684
	2	Peter Moon	0:56:23	2:00:08	4:13:11	25.091
	3	Stuart Medhurst	0:57:40	2:01:52	4:35:20	24.140
2006	1	Steve Frame	0:57:00	1:57:15	4:31:04	24.679
	2	Stuart Medhurst	0:57:22	2:02:35	4:41:06	23.989
	3	Adam Ford	1:02:10	2:12:55	4:50:42	22.447
2005	1	Peter Moon	0:56:54	2:01:39	4:22:01	24.641
	2	Stuart Medhurst	0:57:09	2:01:43	4:28:42	24.408
	3	Colin Jones	0:59:18	2:07:43	4:32:55	23.590

Club Ladies Best All Rounder Results

Year	Pos	Rider	10 m	25 m	50 m	Av mph
2009	1	Emma Richards	24:17	1:05:31	2:16:17	23.205
2008	1	Emma Richards	25:52	1:07:50	2:26:39	21.922
2007	1	Emma Richards	25:11	1:08:44	2:27:30	21.692
2006	1	Emma Richards	25:20	1:07:57	2:24:43	22.163
2005	1	Libby Jones	25:08	1:03:54	2:15:00	23.190

Club Junior Best All Rounder Results

Year	Pos	Rider	10 m	25 m	50 m	Av mph
2009	1	Not Awarded	-	-	-	-
2008	1	Not Awarded	-	-	-	-
2007	1	Not Awarded	-	-	-	-
2006	1	Not Awarded	-	-	-	-
2005	1	Not Awarded	-	-	-	-

Club Veteran Best All Rounder Results

Year	Pos	Rider	10 m	25 m	50 m	+ on Std
2009	1	Vic Butler	+ 06:24	+ 20:52	+ 38:35	+ 1:05:51
	2	Alan Symonds	+ 05:52	+ 17:23	+ 35:29	+ 0:58:44
	3	David Cox	+ 05:03	+ 14:06	+ 25:57	+ 0:45:06
	4	Peter Moon	+ 04:53	+ 11:29	+ 24:15	+ 0:40:37
	5	Iain Brogden	+ 04:22	+ 11:11	+ 23:40	+ 0:39:13
	6	Kevin Burton	+ 03:57	+ 10:13	+ 22:34	+ 0:36:44
	7	Stuart Medhurst	+ 03:39	+ 09:31	+ 14:10	+ 0:27:20
	8	Andrew Parsons	+ 00:48	+ 02:26	+ 03:34	+ 0:06:48
2008	1	Harry Featherstone	+ 08:58	+ 23:19	+ 46:22	+ 1:18:39
	2	Vic Butler	+ 06:02	+ 20:32	+ 40:56	+ 1:07:30
	3	Dave Cox	+ 05:01	+ 14:05	+ 28:33	+ 0:47:39
	4	Peter Moon	+ 04:15	+ 10:46	+ 26:34	+ 0:41:35
	5	Alan Symonds	+ 05:54	+ 13:28	+ 22:10	+ 0:41:32
	6	Steve Frame	+ 03:55	+ 07:48	+ 19:02	+ 0:30:45
	7	Stuart Medhurst	+ 03:50	+ 11:39	+ 13:50	+ 0:29:19
	8	Andrew Stobbart	+ 02:42	+ 08:33	+ 12:21	+ 0:23:36
	9	Tony Murphy	+ 01:50	+ 04:21	- 01:34	+ 0:04:37
2007	1	Harry Featherstone	+ 09:12	+ 23:43	+ 46:58	+ 1:19:53
	2	Dave Cox	+ 05:33	+ 13:32	+ 24:29	+ 0:43:34
	3	Steve Frame	+ 04:04	+ 12:13	+ 23:44	+ 0:40:01
	4	Peter Moon	+ 04:06	+ 12:39	+ 23:11	+ 0:39:56
	5	Stuart Medhurst	+ 04:20	+ 10:51	+ 20:22	+ 0:35:33
	6	Andrew Stobbart	+ 02:50	+ 07:54	+ 14:03	+ 0:24:47
2006	1	Harry Featherstone	+ 09:38	+ 21:55	+ 39:56	+ 1:11:29
	2	Dave Cox	+ 05:42	+ 14:10	+ 22:57	+ 0:42:49
	3	Stuart Medhurst	+ 03:48	+ 10:38	+ 18:35	+ 0:33:01
	4	Steve Frame	+ 04:10	+ 07:19	+ 15:11	+ 0:26:40
	5	Nigel Abbott	+ 03:15	+ 06:10	+ 12:27	+ 0:21:52
	6	Tony Murphy	+ 01:18	+ 03:35	- 00:32	+ 0:04:21
	7	Andrew Parsons	+ 00:59	+ 04:00	- 07:05	- 0:02:06
2005	1	Harry Featherstone	+ 09:34	+ 22:24	+ 44:37	+ 1:16:35
	2	Colin Jones	+ 06:53	+ 16:11	+ 28:59	+ 0:52:03
	3	Dave Cox	+ 05:37	+ 13:01	+ 22:44	+ 0:41:22
	4	Peter Moon	+ 04:18	+ 11:06	+ 19:31	+ 0:34:55
	5	Stuart Medhurst	+ 03:50	+ 10:21	+ 18:25	+ 0:32:36
	6	Paul Charlton	+ 04:10	+ 07:19	+ 15:11	+ 0:26:40
	7	Libby Jones	+ 02:51	+ 08:17	+ 14:51	+ 0:25:59
	8	Andrew Stobbart	+ 02:57	+ 07:48	+ 10:39	+ 0:21:24
	9	Andrew Parsons	+ 02:07	+ 06:30	+ 05:15	+ 0:13:52

Awards are given for the highest placement of any first claim member in each event.

10 m	Thu 20 May 2010	Club Evening	G10/83 – Pevensey	19:15
25 m	Thu 10 Jun 2010	Club Evening	G25/80 – East Hoathly	19:15
50 m	Sun 13 Jun 2010	ESCA event	G50/89 – Maresfield	06:00
100 m	Sun 22 Aug 2010	ESCA event	G100/86 – Upper Dicker	06:00

Club 10 mile Championship Results

	2009	2008	2007	2006	2005
1	Iain Brogden	Michael Valks	Steve Frame	Steve Frame	Boyd Johnson
2	Matt Scott	Steve Frame	Stuart Medhurst	Graeme Hadlow	Daniel Frederick
3	Peter Moon	Iain Brogden	Stuart Davis	Daniel Frederick	Max Norrell
W	Emma Richards	Emma Richards	Emma Richards	Theresa Abbott	Theresa Abbott

Club 25 mile Championship Results

	2009	2008	2007	2006	2005
1	Iain Brogden	Iain Brogden	Steve Frame	Graeme Hadlow	Daniel Frederick
2	Peter Moon	Michael Valks	Michael Valks	Stuart Davis	Max Norrell
3	Michael Valks	Stuart Medhurst	Tim Fuller	Michael Valks	Stuart Medhurst
W	Emma Richards	Emma Richards	-	Theresa Abbott	Emma Richards

Club 50 mile Championship Results

	2009	2008	2007	2006	2005
1	Iain Brogden	Michael Valks	Steve Frame	Stuart Davis	Peter Moon
2	Michael Valks	Iain Brogden	Stuart Medhurst	Stuart Medhurst	Stuart Medhurst
3	Peter Moon	Steve Frame	Steve Humphrey	Michael Davey	Colin Jones
W	-	Emma Richards	-	-	Libby Jones

Club 100 mile Championship Results

	2009	2008	2007	2006	2005
1	Iain Brogden	Peter Moon	Steve Frame	Steve Frame	Peter Moon
2	-	Adam Ford	Peter Moon	Stuart Medhurst	Stuart Medhurst
3	-	Tony Murphy	Stuart Medhurst	Adam Ford	Colin Jones
W	-	Emma Richards	-	-	-

Sun 21 Feb 2010	10 m	G10/83 – Pevensey	10:00
Sun 28 Feb 2010	25 m	G25/80 – East Hoathly	08:30

Pay on the line Members £2.00 Non members £3.00

Contact: Dave Cox on 01323 507916 or e-mail suecoxey@tiscali.co.uk

Club Early Season 10 mile Results

	2009	2008	2007	2006	2005
1	Iain Brogden	Steve Frame	Steve Frame	Steve Frame	Boyd Johnson
2	Peter Moon	Michael Valks	Stuart Davis	Graeme Hadlow	Daniel Frederick
3	Stuart Davis	Stuart Medhurst	Michael Valks	Julian Sykes	Stuart Davis
V	Alan Symonds	Alan Symonds	Alan Symonds	Steve Frame	Boyd Johnson
W	Emma Richards	Tracy Fuller	Emma Richards	-	-
Jn	Elliot Hoskins	-	-	-	-
Jv	-	-	-	-	-

Club Early Season 25 mile Results

	2009	2008	2007	2006	2005
1	Iain Brogden	Iain Brogden	Steve Frame	Steve Frame	Bob Norman
2	Peter Moon	Andrew Stobbart	Stuart Davis	Graeme Hadlow	-
3	Stuart Davis	Adam Ford	Michael Valks	Michael Valks	-
V	Peter Moon	Andrew Stobbart	Alan Symonds	Richard Thomas	Bob Norman
W	-	-	Emma Richards	-	-
Jn	-	-	-	-	-
Jv	-	-	-	-	-

Club Evening Series Competition

Awards are given for first place in each category. In order to qualify for the club evening series competition you must subscribe to the whole series in advance of your first ride.

First Senior
First Veteran on Standard
First Lady
First Junior
First Juvenile

Awarded for the least number of points accumulated from the best six rides during the series

The series comprises of 18 events and the fee for the series covers you for entry into all of the events. Points are applied for each individual race in accordance with your rank in that race – 1 point for first place, 2 points for second place, 3 points for third place etc. At least six events must be completed, and the accumulated points from your best six rides count towards the competition.

Entry fee for the series Members only £20.00

Pay on the line Members £2.00 Non members £3.00

Contact: Dave Cox on 01323 507916 or e-mail suecoxey@tiscali.co.uk

Eastbourne Rovers Club Evening Series Events

			Start
Thu 22 Apr 2010	10 m 2up	G10/83 – Pevensey	19:15
Thu 29 Apr 2010	10 m	G10/83 – Pevensey	19:15
Thu 06 May 2010	10 m	G10/83 – Pevensey	19:15
Thu 13 May 2010	10 m	G10/83 – Pevensey	19:15
Thu 20 May 2010	10 m – Club Championship	G10/83 – Pevensey	19:15
Thu 27 May 2010	14.07 m	GS/884 – Pevensey circuit	19:15
Thu 03 Jun 2010	10 m	G10/83 – Pevensey	19:15
Thu 10 Jun 2010	25 m – Club Championship	G25/80 – East Hoathly	19:15
Thu 17 Jun 2010	14.07 m	GS/884 – Pevensey circuit	19:15
Thu 24 Jun 2010	10 m	G10/83 – Pevensey	19:15
Thu 01 Jul 2010	14.07 m	GS/884 – Pevensey circuit	19:15
Thu 08 Jul 2010	7.2 m	GS/834 – Birling Gap circuit	19:15
Thu 15 Jul 2010	10 m	G10/83 – Pevensey	19:15
Thu 22 Jul 2010	14.4 m	GS/834 – Birling Gap circuit	19:15
Thu 29 Jul 2010	10 m	G10/83 – Pevensey	19:15
Thu 05 Aug 2010	7.2 m	GS/834 – Birling Gap circuit	19:15
Thu 12 Aug 2010	10 m	G10/83 – Pevensey	18:45
Thu 19 Aug 2010	10 m	G10/83 – Pevensey	18:45

Evening Series Course Notes and Information

The start of the 10 mile course G10/83 is at the 'soft verge' sign ¼ mile west of the Pevensey roundabout. Before you start riders should wait in the small grass lay-by at the footpath crossing, 220 yards west of the start.

To ensure that we can continue to use this course it is essential that all riders dismount and cross the Pevensey by-pass on foot – any rider seen doing a U-turn on the Pevensey by-pass will be disqualified from riding in the event.

For your own safety we strongly recommend you wear a safety helmet and equip your bike with a red flashing rear light.

Please avoid being late for signing on.

Club Evening Series Results

Pos	2009	2008	2007	2006	2005
1	Iain Brogden 6	Iain Brogden 6	Stuart Medhurst 6	Steve Frame 6	Daniel Frederick 6
2	Michael Valks 11	Michael Valks 6	Peter Moon 9	Graeme Hadlow 6	Stuart Medhurst 7
3	Stuart Medhurst 12	Tom Rossetter 14	Graeme Hadlow 11	Stuart Medhurst 8	Max Norrell 8
4	Stuart Davis 16	Stuart Medhurst 17	Stuart Davis 12	Stuart Davis 14	Stuart Davis 19
5	Peter Moon 16	Stuart Davis 21	Michael Valks 14	Michael Valks 17	Colin Jones 22
6	Adam Rogers 17	Adam Rogers 22	Andrew Stobbart 21	Max Norrell 25	Bob Norman 23
7	Matt Scott 21	Andrew Stobbart 22	Adam Ford 22	Kerry Macredie 27	Kerry Macredie 24
8	Adam Ford 25	Peter Moon 25	Tim Fuller 25	Kevin Burton 30	Andrew Stobbart 25
9	Kevin Burton 27	Adam Ford 28	Iain Brogden 26	Adam Ford 30	Peter Moon 28
10	Konrad Pieterse 32	Tony Murphy 33	Dave Cox 28	Dave Cox 31	Adam Ford 33
11	Tony Murphy 33	Kevin Burton 37	Paul Fuller 40	Andrew Stobbart 35	Dave Cox 37
12	Emma Richards 39	Dave Cox 39	Tony Murphy 43	Bob Norman 36	Andrew Parsons 37
13	Dave Cox 44	Andrew Parsons 46	Alan Symonds 43	Tony Murphy 41	Peter Ingram 54
14	Andrew Parsons 52	Emma Richards 46	Emma Richards 44	Nigel Abbott 44	Nigel Abbott 56
15	Rob Rickson 54	Alan Symonds 55	Andrew Parsons 50	Emma Richards 50	Tony Murphy 57
16	Alan Symonds 56	Rob Rickson 57	Peter Ingram 51	Theresa Abbott 51	Jeremy Sykes 60
17		Peter Ingram 82	John Seviour 51	Nathan Russell 61	Alan Symonds 65
18				Alan Symonds 62	Emma Richards 68
19				Andrew Parsons 67	
20				Peter Ingram 76	

This event is promoted by Eastbourne Rovers Cycling Club, to celebrate the life of Cliff Sharp, our past Best All Rounder champion. An award is given to the club rider with the best time.

Sun 15 Aug 2010 25 m

G25/89 – Maresfield

06:30

Contact: Stuart Davis, 21 Clayton Mill Road, Stone Cross, Pevensey BN24 5PB, telephone 01323 469188 or e-mail stuart@stuartjdavis.co.uk

Cliff Sharp 25 mile Best Positions

	Pos	2009	Pos	2008	Pos	2007
Senior	3	Iain Brogden 0:55:33	6	Iain Brogden 0:58:07	4	Steve Frame 0:56:59
	16	Michael Valks 0:59:24	7	Michael Valks 0:58:15	14	Stuart Medhurst 1:00:05
	23	Peter Moon 1:00:44	20	Stuart Medhurst 1:01:19	16	Graeme Hadlow 1:00:29
V	4	Alan Symonds + 15:40	1	Harry Featherstone + 18:32	1	Harry Featherstone + 20:52
W	1	Emma Richards 1:07:30	2	Emma Richards 1:07:50	5	Emma Richards 1:12:01

The Eastbourne Rovers Open 10 mile Time Trial

This event is promoted by Eastbourne Rovers Cycling Club and was first held in 2009

Sat 29 May 2010 10 m

G10/87 – East Hoathly

06:30

Contact: Peter Moon, Little Brook, 73 Wannock Lane, Eastbourne BN20 9SG, telephone 01323 485180 or e-mail little.brook@btinternet.com

Eastbourne Rovers 10 mile Best Positions

	Pos	2009
Senior	1	Iain Brogden 21:59
	14	Peter Moon 23:23
	23	Michael Valks 0:23:48
V	1	H Featherstone + 04:39
W	1	Emma Richards 26:31

Club Senior Best All Rounder

Contested over **25, 50** and **100** miles in any open or association event this season.
Based on an average mph from the best performance at each distance.

2009	2008	2007	2006	2005
Iain Brogden	Peter Moon	Steve Frame	Steve Frame	Peter Moon

Club Veteran Best All Rounder

Contested over **10, 25** and **50** miles in any open or association event this season.
Based on the aggregate plus on standard from the best performance at each distance.

2009	2008	2007	2006	2005
Vic Butler	H Featherstone	H Featherstone	H Featherstone	H Featherstone

Club Ladies Best All Rounder

Contested over **10, 25** and **50** miles in any open or association event this season.
Based on an average mph from the best performance at each distance.

2009	2008	2007	2006	2005
Emma Richards	Emma Richards	Emma Richards	Emma Richards	Libby Jones

Club Junior Best All Rounder

Contested over **10, 25** and **50** miles in any open or association event this season.
Based on an average mph from the best performance at each distance.

2009	2008	2007	2006	2005
-	-	-	-	-

Club 10 mile Championship

Based on the best performance at this season's nominated time trial event

2009	2008	2007	2006	2005
Iain Brogden	Michael Valks	Steve Frame	Steve Frame	Boyd Johnson

Club 25 mile Championship

Based on the best performance at this season's nominated time trial event

2009	2008	2007	2006	2005
Iain Brogden	Iain Brogden	Steve Frame	Graeme Hadlow	Daniel Frederick

Club 50 mile Championship

Based on the best performance at this season's nominated time trial event

2009	2008	2007	2006	2005
Iain Brogden	Michael Valks	Steve Frame	Stuart Davis	Peter Moon

Club 100 mile Championship

Based on the best performance at this season's nominated time trial event

2009	2008	2007	2006	2005
Iain Brogden	Peter Moon	Steve Frame	Steve Frame	Peter Moon

Track Championship

	2009	2008	2007	2006	2005
S	Philip Smith	-	-	-	-
Jn	-	Philip Smith	Philip Smith	Philip Smith	Philip Smith

Road Race Championship

	2009	2008	2007	2006	2005
S	-	-	-	-	-
Jn	-	-	Philip Smith	-	-
Jv	-	-	-	Philip Smith	Philip Smith
V	Vic Butler	Vic Butler	-	-	-

Cyclo-Cross Trophy

2009	2008	2007	2006	2005
-	-	-	-	-

The Fastest 25 mile Cup

Won by the club rider with the best time this season for a 25 mile time trial in any open or association event.

2009	2008	2007	2006	2005
Iain Brogden	Michael Valks	Steve Frame	Graeme Hadlow	Max Norrell

The Harold Manser 25 mile Trophy

Won by the club rider with the biggest improvement in their best time last season and their best time this season for 25 miles in any open or association event.

2009	2008	2007	2006	2005
Stuart Davis	Michael Valks	Steve Humphrey	Emma Richards	Andrew Parsons

Cliff Sharp Memorial Trophy

Won by the club rider with the best time in this season's Cliff Sharp open 25 mile memorial time trial.

2009	2008	2007	2006	2005
Iain Brogden	Iain Brogden	Steve Frame	Steve Frame	Stuart Medhurst

The Ken Thompson 100 mile Veteran Cup

Won by the club veteran rider with the biggest plus on standard this season for 100 miles in any open or association event.

2009	2008	2007	2006	2005
Vic Butler	Peter Moon	Peter Moon	Steve Frame	Colin Jones

The Tom McAll Long Distance Trophy

Won by the club rider with the best 24 hour ride or, if no rider has ridden a 24 hour, the best 12 hour ride this season.

2009	2008	2007	2006	2005
Richard Thomas	Peter Moon	Richard Thomas	Richard Thomas	Richard Thomas

First Senior Evening Series

Based on this season's best six rides of those club riders who have subscribed to the series.

2009	2008	2007	2006	2005
Iain Brogden	Iain Brogden Michael Valks	Stuart Medhurst	Graham Hadlow Steve Frame	Daniel Frederick

First Veteran Evening Series

Based on this season's best six rides of those club riders who have subscribed to the series.

2009	2008	2007	2006	2005
Alan Symonds	Alan Symonds	John Seviour	Dave Cox	Colin Jones

First Lady Evening Series

Based on this season's best six rides of those club riders who have subscribed to the series.

2009	2008	2007	2006	2005
Emma Richards	Emma Richards	Emma Richards	Emma Richards	Emma Richards

First Junior Evening Series

Based on this season's best six rides of those club riders who have subscribed to the series.

2009	2008	2007	2006	2005
-	-	-	Nathan Russell	-

First Juvenile Evening Series

Based on this season's best six rides of those club riders who have subscribed to the series.

2009	2008	2007	2006	2005
-	-	-	-	-

The Most Improved Novice

Awarded to the novice with the biggest improvement this season.

2009	2008	2007	2006	2005
Jez Fallon	Rob Rickson	Iain Brogden	Tracy Fuller	-

The Bill Collins Trophy

Awarded to the club member who wins the most points this season for participating in ESCA events.

2009	2008	2007	2006	2005
Iain Brogden	Iain Brogden	Steve Frame	Steve Frame	Peter Moon

The Charles Robson Workers Cup

Awarded to the club member who has made a valuable working contribution towards the running of the club this season.

2009	2008	2007	2006	2005
Ann Human	David Dunbar	Peter Moon	Theresa Abbott	Sue Cox

Please note – trophies need to be cleaned and returned to Graham Lade, Chairman, 66 Wilton Avenue, Eastbourne BN22 9HY, telephone 01323 509408 on or before the date of the AGM so they can be engraved ready for the prize presentation in January.

Date	Dist	Course	Club or Association	Tandems
Fri 01 Jan 10	10	Q10/10	Southborough Wheelers	
Sat 06 Feb 10	18K	GS/988	GS Stella	Plus Tandems
Sun 07 Feb 10	34K	GS/989	GS Stella	Plus Tandems
Sun 14 Feb 10	12	GS/292A	Kingston Wheelers	
Sat 20 Feb 10	17.48	GS/985	Central Sussex CC	
Sun 21 Feb 10	10	G10/83	Eastbourne Rovers (Club Event)	
Sun 21 Feb 10	18	GS/478	Redhill CC	
Sun 28 Feb 10	25	G25/80	Eastbourne Rovers (Club Event)	
Sun 28 Feb 10	23	GS/194	Sussex CA	Plus Tandems
Sat 06 Mar 10	10	Q10/22	VTTA (Kent)	
Sun 07 Mar 10	29.9	GS/491	East Surrey RC	
Sun 14 Mar 10	15.6	GS/895	East Sussex CA	
Sun 14 Mar 10	21	GS/334	SCCU	
Sun 14 Mar 10	25	Q25/20	Kent CA	
Sat 20 Mar 10	10	G10/46	Southern Counties CU	
Sun 21 Mar 10	25	G25/44	Southern Counties CU	
Sun 21 Mar 10	33K	P872	a3crg	
Sun 21 Mar 10	33K	P872	a3crg	
Sat 27 Mar 10	10	Q10/33	Southborough Wheelers	
Sun 28 Mar 10	28.5	GS/987	Sussex CA	
Sat 03 Apr 10	10	G10/44	Brighton Mitre CC	
Sun 04 Apr 10	23	GS/839	East Sussex CA	
Sun 04 Apr 10	25	P881/25	a3crg	
Mon 05 Apr 10	25	GS/999	Brighton Mitre CC	
Sat 10 Apr 10	21	GS/334	Tooting BC	
Sun 11 Apr 10	25	G25/45	Redmon CC	Plus Tandems
Sun 11 Apr 10	25	Q25/8	Kent CA	
Sat 17 Apr 10	10	G10/87	East Sussex CA	
Sun 18 Apr 10	25	G25/89	East Sussex CA	
Sun 18 Apr 10	25	G25/53	Southern Counties CU	
Sat 24 Apr 10	10	G10/42	Kingston Phoenix RC	Plus Tandems
Sun 25 Apr 10	25	G25/53	Addiscombe CC	
Sat 01 May 10	10	G10/97	Sussex CA	Plus Tandems
Sat 01 May 10	10	P881/10	Hampshire RC	Plus Tandems
Sun 02 May 10	25	G25/93	Sussex CA	Plus Tandems
Sun 02 May 10	10	Q10/22	Kent CA	
Sat 08 May 10	10	P881	Army CU	Plus Tandems
Sun 09 May 10	25	G25/53	Norwood Paragon CC	
Sun 09 May 10	25	P881/25	Army CU	Plus Tandems

Notes	ESCA	SCA	SPOCO	SCCU	KCA
Early Entry					
			Med Hilly		
			Med Hilly		
Sporting					
			Med Hilly		
Club Early Season					
Sporting					
Club Early Season					
Helmets			Med Hilly		
All Ages					
Hardriders			Med Hilly		
Hardriders			Med Hilly		
CDCA Sporting					
3up TTT					
Sporting		BAR	Short	BAR	
Sporting		BAR	Med Hilly	BAR	
Hardriders					
2up TTT					
2up TTT Helmets					
Hilly		BAR	Short		
2up TTT					
Hilly		BAR	Med Hilly		
Sporting					
		BAR			
	BAR	BAR			BAR
	BAR	BAR		BAR	
		BAR			
		BAR			
Helmets		BAR/CH	Short		
		BAR			
Helmets		BAR/CH	Medium		
Assoc					BAR
		BAR			

Date	Dist	Course	Club or Association	Tandems	Notes	ESCA	SCA	SPOCO	SCCU	KCA
Sun 16 May 10	25	G25/53	Worthing Excelsior CC				BAR			
Sun 16 May 10	25	P885/25	a3crg		2up & 3up TTT					
Thu 20 May 10	10	G10/83	Eastbourne Rovers (Club Event)		Club Championship					
Sat 22 May 10	10	G10/57	Southern Counties CU		Assoc		BAR		BAR	
Sun 23 May 10	41.9	GS/196	Crawley Wheelers		Sporting			Long		
Sat 29 May 10	10	G10/87	Eastbourne Rovers				BAR			
Sun 30 May 10	25	G25/53	Addiscombe CC		3up TTT					
Sun 30 May 10	30	Q30/2	VTTA (Kent)	Plus Tandems	All Ages					
Mon 31 May 10	10	G10/97	Brighton Mitre CC	Plus Tandems	7 events see HB		BAR			
Mon 31 May 10	10	GS/995	Brighton Mitre CC		Hilly		BAR	Short		
Sun 06 Jun 10	50	G50/10	Sussex CA	Plus Tandems	Helmets		BAR/CH	Long		
Sun 06 Jun 10	50	Q50/11	Kent CA		Assoc					BAR
Thu 10 Jun 10	25	G25/80	Eastbourne Rovers (Club Event)		Club Championship					
Sat 12 Jun 10	14	GS/189	Redhill CC					Med Hilly		
Sat 12 Jun 10	10	P881/10	Team Axiom	Plus Tandems						
Sun 13 Jun 10	50	G50/89	East Sussex CA		Club Championship	BAR	BAR	Long		
Sun 13 Jun 10	25	P885/25	Team Axiom	Plus Tandems			BAR			
Thu 17 Jun 10	10	P901	Bognor Regis CC		Helmets 60 Riders		BAR			
Sat 19 Jun 10	10	G10/87	VTTA (Surrey/Sussex)	Plus Tandems	Pref to vets		BAR	Short		
Sat 19 Jun 10	50	P885/50	a3crg (Men's National)		Men Early entry		BAR			
Sun 20 Jun 10	30	G30/88	Lewes Wanderers					Medium		
Sun 20 Jun 10	50	P885/50	a3crg (Woman's National)		Women Early entry		BAR			
Sun 20 Jun 10	100	Q100/5	Kent CA/VTTA (Kent)	Plus Tandems			BAR			BAR
Sat 26 Jun 10	10	G10/57	Horsham Cycling				BAR			
Sun 27 Jun 10	50	G50/53	Southern Counties CU				BAR	Long	BAR	
Sun 27 Jun 10	25	Q25/8	VTTA (Kent)	Plus Tandems	All Ages					BAR
Mon 28 Jun 10	10	P881R	a3crg		20% Women					
Sat 03 Jul 10	10	G10/57	Old Portlians CC		Max 90 riders		BAR			
Sun 04 Jul 10	25	G25/45	Old Portlians CC				BAR			
Sat 10 Jul 10	10	G10/57	South Eastern RC		pref to vets		BAR		BAR	
Sat 10 Jul 10	10	Q10/42	Kent CA							BAR
Sun 11 Jul 10	25	G25/89	Southborough Wheelers				BAR	Medium		
Sun 11 Jul 10	10	Q10/30	VTTA (Kent)	Plus Tandems	All Ages					BAR
Sat 17 Jul 10	10	G10/42	Bec CC				BAR			
Sun 18 Jul 10	25	G25/53	Bec CC/VTTA (Surrey/Sussex)		50% vets		BAR			
Sat 24 Jul 10	10	G10/57	Crawley Wheelers				BAR			
Sun 25 Jul 10	100	G100/60	Southern Counties CU				BAR/CH	Long	BAR	
Sun 25 Jul 10	50	P901/50	Bognor Regis CC				BAR	Long		
Sun 25 Jul 10	50	Q50/11	VTTA (Kent)	Plus Tandems	All Ages					BAR

Date	Dist	Course	Club or Association	Tandems
Sat 31 Jul 10	10	Q10/22	VTTA (Kent)	Plus Tandems
Sun 01 Aug 10	25	G25/93	Brighton Excelsior CC	Plus Tandems
Sat 07 Aug 10	10	P881/10	Velocity Bikes	Plus Tandems
Sun 08 Aug 10	50	G50/53	Anerley BC/VTTA (Surrey/Sussex)	
Sat 14 Aug 10	10	G10/57	Epsom CC	
Sun 15 Aug 10	25	G25/89	Eastbourne Rovers	
Sun 15 Aug 10	33K	P872	a3crg	
Sun 15 Aug 10	50	Q50/1	Kent CA	Plus Tandems
Sun 22 Aug 10	100	G100/86	East Sussex CA	
Sat 28 Aug 10	10	G10/45	Sussex CA	Plus Tandems
Sun 29 Aug 10	25	P901/25	VTTA (Wessex)	Plus Tandems
Mon 30 Aug 10	25	G25/49	Sussex CA	Plus Tandems
Sat 04 Sep 10	10	G10/42	Addiscombe CC	Plus Tandems
Sun 05 Sep 10	25	G25/53	Southern Counties CU	
Sun 05 Sep 10	25	P901/25	Bognor Regis CC/VTTA (Wessex)	
Sun 05 Sep 10	12HR	Q12	Kent CA/VTTA (Kent)	Plus Tandems
Sat 11 Sep 10	10	G10/42	Redmon CC	Plus Tandems
Sat 11 Sep 10	10	G10/87	East Sussex CA	
Sat 11 Sep 10	10	P881R	a3crg	
Sun 12 Sep 10	25	G25/89	East Sussex CA	
Sun 12 Sep 10	25	Q25/12	VTTA (Kent)	Plus Tandems
Sat 18 Sep 10	10	G10/42	Festival RC	
Sun 19 Sep 10	25	G25/89	VTTA (Surrey/Sussex)	
Sun 19 Sep 10	25	Q25/10	Kent CA	
Sun 26 Sep 10	25	G25/53	Epsom CC	Plus Tandems
Sat 02 Oct 10	HC	GH/42	Kingston Wheelers	
Sat 02 Oct 10	HC	GH/92	Sussex CA	
Sun 03 Oct 10	18	GS/838	Lewes Wanderers	
Sun 03 Oct 10	HC	QHC/11	Wigmore CC / Kent CA	
Sat 09 Oct 10	HC	GH/92	Brighton Mitre CC	
Sat 09 Oct 10	HC	GH/94	Brighton Mitre CC	
Sun 10 Oct 10	HC	GH/31	Bec CC	Plus Tandems
Sun 10 Oct 10	HC	GH/32	Catford CC	
Sun 10 Oct 10	15	Q15/20	VTTA (Kent)	Plus Tandems
Sun 17 Oct 10	HC	GH/84	East Sussex CA	
Sun 17 Oct 10	15.4	GS/483	Redmon CC	
Sun 17 Oct 10	27	P911	Bognor Regis CC	
Sun 24 Oct 10	25	G25/93	Brighton Mitre CC	Plus Tandems

These dates are provisional - Please confirm details in the CTT Handbook

Notes	ESCA	SCA	SPOCO	SCCU	KCA
All Ages					BAR
		BAR	Medium		
		BAR		BAR	
Max 90 riders		BAR			
		BAR	Medium		
2up TTT					
Club Championship	BAR	BAR	Long		BAR
Helmets		BAR	Short		
		BAR			
Helmets		BAR	Medium		
Assoc		BAR		BAR	
		BAR			
		BAR			BAR
	BAR	BAR	Short		
20% Women	BAR	BAR			
All Ages					BAR
2 events see HB		BAR			
Pref to vets		BAR	Medium		
					BAR
3 events see HB		BAR			
Helmets		CH			
2up TTT one a vet					
3 events see HB					
2up TT one a vet					
Helmets			Med Hilly		
4 events see HB			Medium		

Hastings & St Leonards CC – www.HastingsCC.co.uk			Meet/Start time
Wed 05 May 2010	8 m	QS/19 Broad Oak circuit	18:30 for 19:00
Wed 12 May 2010	8 m	QS/19 Broad Oak circuit	18:30 for 19:00
Wed 19 May 2010	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 26 May 2010	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 02 Jun 2010	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 09 Jun 2010	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 16 Jun 2010	18 m	QS/27 Hastings/Rye/Hastings	19:00 for 19:30 late
Wed 23 Jun 2010	18 m	QS/27 Hastings/Rye/Hastings	19:00 for 19:30 late
Wed 30 Jun 2010	18 m	QS/27 Hastings/Rye/Hastings	19:00 for 19:30 late
Wed 07 Jul 2010	10 m	G10/83 Pevensey	19:00 for 19:30 late
Wed 14 Jul 2010	10 m	G10/83 Pevensey	19:00 for 19:30 late
Wed 21 Jul 2010	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 28 Jul 2010	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 04 Aug 2010	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 11 Aug 2010	8 m	QS/19 Broad Oak (Nr Rye) circuit	18:30 for 19:00
Wed 18 Aug 2010	8 m	QS/19 Broad Oak (Nr Rye) circuit	18:30 for 19:00
Wed 25 Aug 2010	8 m	QS/19 Broad Oak (Nr Rye) circuit	18:15 for 18:45 early
Sun 24 Oct 2010	HC	QHC/16 Battery Hill	09:00 for 09:30

Pay on the line

Non members £2.00

Lewes Wanderers Evening Series

Lewes Wanderers Evening Ten Series – www.leweswanderers.co.uk			Start
Tue 04 May 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 10 May 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 17 May 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 24 May 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Tue 01 Jun 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 07 Jun 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 14 Jun 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 21 Jun 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 28 Jun 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 05 Jul 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 12 Jul 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 19 Jul 2010	10 m	Evening Series G10/87 – East Hoathly	19:15
Mon 26 Jul 2010	10 m	Evening Series 2 up G10/87 – East Hoathly	19:15

Special (Optional) Tens:

Tue 01 Jun 2010	will incorporate their Tandem event
Mon 07 Jun 2010	will incorporate their Fixed Wheel Championship
Mon 19 Jul 2010	will include their Athletes Ten (no TT bikes, Tri Bars, Aero Helmets)

Pay on the line

Non members £3.00

Sussex Cycle Racing League

Sussex Cycle Racing League hold meetings from late April to Early August at the cycle track in the north east corner of Preston Park in Brighton, with racing for all age groups. April and August meetings start at 18:45, May, June and July meetings start at 19:00. Seniors, U16, U14 and U12 youths are on fixed wheel track bikes, U10 and U8 youths are on free wheel bikes.

Contact: Gavin Smith, Track Co-ordinator, 49 Summerheath Road, Hailsham, BN27 3DR, telephone 01323 842282 or e-mail gavmn@tiscali.co.uk

For a full listing of events visit their website www.scrcl.co.uk

Contact: Vern McClelland, 31 Downland Road, Upper Beeding, Steyning, West Sussex BN44 3JS, telephone 01903 814351 or e-mail registrations@scrcl.co.uk

South East Cycling

South East Cycling is one of the 10 Regions of British Cycling within England, covering the counties of Kent, Surrey and Sussex as well as South London.

To race in the South East region not only will you need to be a member of British Cycling, you will need to have either a day or full racing licence membership too.

Membership to British Cycling offers more than just the ability to race; it also offers discounts on well known named high street brands as well as third party insurance and legal cover.

For full event listings go to their website www.southeastcycling.co.uk/racingcalendar.htm there you will find the following information:

Track Racing Calendar
Road Racing Calendar
Circuit Racing Calendar

For information on races please contact the South East Cycling Competition Administrator

Contact: Glyn Durrant, e-mail competition@southeastcycling.co.uk

The South East Road Race League

The South East Road Racing League organise road races in the Kent area – information can be found on their website www.serri.co.uk

Contact: Kim Anderson, League Administrator, telephone 01795 426 211 or e-mail kim@serri.co.uk

ESCA Best All Rounder Competition

For a provisional list of qualifying events please refer to the **event listings on page 20 – 25**.

Senior	Contested over 25, 50 and 100 miles in any ESCA event this season. Based on an average mph from the best performance at each distance.
Senior Team	Based on the average mph of the best three Senior BAR qualifiers from an ESCA affiliated club
Veteran	Contested over 25, 50 and 100 miles in any ESCA event this season. Based on an average mph of the actual time less an average mph of the standard time from the best performance at each distance – see note below .
Lady Senior	Contested over 10, 25 and 50 miles in any ESCA event this season. Based on an average mph from the best performance at each distance.
Lady Veteran	Contested over 10, 25 and 50 miles in any ESCA event this season. Based on an average mph of the actual time less the standard time from the best performance at each distance.
Junior	Contested over 10 and 25 miles in any ESCA event this season. Based on an average mph from the best performance at each distance.

The **veteran calculation** is the mph of the standard time taken away from the mph of the actual time at each distance. An average is then taken from the three individual totals.

Distance	Actual Time	Actual mph	Std Time	Std mph	Difference
25 miles	0:57:00	26.316	1:06:30	22.556	+ 3.759
50 miles	1:59:56	25.014	2:18:03	21.731	+ 3.283
100 miles	4:18:53	23.176	4:56:14	20.254	+ 2.922
Total					+ 9.964
Average					+ 3.321

ESCA Senior Best All Rounder Results

Year	Pos	Rider	25 m	50 m	100 m	Av mph
2009	1	Iain Brogden	0:56:07	1:57:24	4:05:45	25.566
2008	1	Peter Moon	0:59:22	2:03:32	4:18:19	24.260
	8	Tony Murphy	1:06:49	2:22:44	5:01:06	21.132
	9	Emma Richards	1:09:10	2:26:39	5:21:56	20.260
2007	1	Team				21.884
	1	Steve Frame	0:57:00	1:59:56	4:18:53	24.835
2006	2	Stuart Medhurst	0:59:31	2:06:34	4:35:20	23.566
	4	Stuart Medhurst	1:01:20	2:05:40	4:41:06	23.225
	2	Stuart Medhurst	1:00:45	2:04:05	4:28:42	23.733
2005	3	Peter Moon	1:02:32	2:04:00	4:28:35	23.507
	7	Colin Jones	1:02:33	2:07:43	4:32:55	23.152

ESCA Veteran Best All Rounder Results

Year	Pos	Rider	25 m	50 m	100 m	+ mph
2009	2	Iain Brogden	0:56:07	1:57:24	4:05:45	+ 3.890
2008	2	Peter Moon	0:59:22	2:03:32	4:18:19	+ 3.690
	5	Tony Murphy	1:06:49	2:22:44	5:01:06	+ 0.198
2007	4	Steve Frame	0:57:00	1:59:56	4:18:53	+ 3.321
	6	Stuart Medhurst	0:59:31	2:06:34	4:35:20	+ 2.686
2006	7	Stuart Medhurst	1:01:20	2:05:40	4:41:06	+ 2.186
	2	Colin Jones	1:02:33	2:07:43	4:32:55	+ 4.199
2005	7	Stuart Medhurst	1:00:45	2:04:05	4:28:42	+ 2.539
	8	Peter Moon	1:02:32	2:04:00	4:28:35	+ 2.468

ESCA Lady Best All Rounder Results

Year	Pos	Rider	10 m	25 m	50 m	Av mph
2009	-	No qualifiers from ER	-	-	-	-
2008	1	Emma Richards	0:26:44	1:09:10	2:26:39	21.529
2007	-	No qualifiers from ER	-	-	-	-
2006	-	No qualifiers from ER	-	-	-	-
2005	1	Libby Jones	26:56	1:07:37	2:18:45	22.028

ESCA Lady Veteran Best All Rounder Results

Year	Pos	Rider	10 m	25 m	50 m	+ mph
2009	-	No qualifiers from ER	-	-	-	-
2008	-	No qualifiers from ER	-	-	-	-
2007	-	No qualifiers from ER	-	-	-	-
2006	-	No qualifiers from ER	-	-	-	-
2005	1	Libby Jones	26:56	1:07:37	2:18:45	+ 1.173

ESCA Junior Best All Rounder Results

Year	Pos	Rider	10 m	25 m	Av mph
2009	-	No qualifiers from ER	-	-	-
2008	-	No qualifiers from ER	-	-	-

Awards are presented at the annual lunch to the Senior, Senior BAR Team, Veteran, Lady and Junior Best All Rounder.

ESCA Individual Points Competition

Points are awarded to any **individual** rider from an ESCA affiliated club in each ESCA event:

Open Time Trials	30 points for first place down to 1 point for 30th place
2up T Time Trial	30 points for each rider of first team down to 2 points for each rider of 15th team (Composite teams and solo riders are not eligible for points)

ESCA Club Points Competition

Points are awarded to any **club** affiliated to ESCA based on the performance of its individual members in each ESCA event. The individual points earned by each rider are totalled and awarded to their respective club.

Open Time Trials	30 points for first place down to 1 point for 30th place
2up T Time Trial	60 points for first team of two down to 4 points for 15th place (Composite teams and solo riders are not eligible for points)

ESCA Points Competition Results

2009	2008	2007	2006	2005
Iain Brogden 2 – 201 points	Iain Brogden 3 – 84 points	Steve Frame 1 – 123 points	Steve Frame 4 – 73 points	Stuart Medhurst 7 – 49 points
Michael Valks (s) 5 – 129 points	Michael Valks(s) 4 – 78 points	Stuart Medhurst 3 – 66 points	Stuart Medhurst 10 – 45 points	Peter Moon 8 – 48 points
Peter Moon 6 – 127 points	Peter Moon 8 – 58 points	Peter Moon 14 – 35 points	Graham Hadlow 16 – 36 points	Stuart Davis 18 – 30 points
Stuart Medhurst 16 – 56 points	Steve Frame 12 – 47 points	Graeme Hadlow = 21 – 23 points	Max Norrell = 22 – 25 points	Colin Jones 23 – 24 points
Stuart Davis = 31 – 32 points	Adam Ford = 18 – 23 points	Steve Humphrey = 37 – 14 points	Michael Davey = 26 – 15 points	Paul Charlton 33 – 15 points
Andy Eaton (s) = 35 – 30 points	Tom Rossetter = 26 – 18 points	Stuart Davis = 52 – 9 points	Stuart Davis = 26 – 15 points	Boyd Johnson 36 – 13 Points
Steve Willis = 58 – 18 points	Tony Murphy = 35 – 11 points	Andrew Stobbart = 60 – 7 points	Boyd Johnson 43 – 12 points	Michael Davey 40 – 12 points
Matt Scott = 72 – 10 points	Emma Richards = 41 – 8 points	Adam Ford = 66 – 4 points	Adam Ford = 44 – 11 points	Max Norrell 47 – 8 points
Kevin Burton = 72 – 10 points	Vic Butler = 48 – 6 points		Peter Moon = 48 – 9 points	H Featherstone 55 – 6 points
Andrew Parsons = 94 – 4 points	Stuart Davis = 58 – 2 points		Adrian Elliott = 56 – 5 points	Andrew Stobbart 65 – 2 points
Adam Ford = 94 – 4 points			Andrew Stobbart = 68 – 2 points	
			H Featherstone 70 – 1 point	
Club 3 – 469 points	Club 2 – 83 points	Club = 2 – 92 points	Club 4 – 57 points	Club 3 – 64 points

Awards are presented at the annual lunch to both the individual and club with the most points.

SCA Sporting Courses Points Competition (SPOCO)

For a provisional list of qualifying events please refer to the **event listings on page 20 – 25**.

Senior	Based on the best performance this season in 1 x Short distance event, 4 x Middle distance events (must include 1 x Hilly) and 1 x Long distance event.
Veteran on Std	
Lady	
Junior	
Best Team of Three	Points are awarded in each qualifying event – 120 for 1st place down to 1 point for 120th place

Contact: Ann Human, SCA SPOCO Co-ordinator, Little Brook, 73 Wannock Lane, Eastbourne BN20 9SG, telephone 01323 485180 or e-mail ann.human@btinternet.com

SCA Sporting Courses Points Competition (SPOCO) Results

Senior				
2009	2008	2007	2006	2005
Iain Brogden 2 – 714 points	Adam Ford 9 – 437 points	Andrew Stobbart 6 – 596 points	No qualifiers from ER	No qualifiers from ER
Peter Moon = 9 – 657 Points	-	-	-	-
Michael Valks (s) = 9 – 657 Points	-	-	-	-
Kevin Burton 19 – 547 points	-	-	-	-
David Cox 20 – 535 points	-	-	-	-
-	-	-	-	-
Vets on Standard				
2009	2008	2007	2006	2005
Iain Brogden 6 – 681 points	No qualifiers from ER	Andrew Stobbart 6 – 608 points	No qualifiers from Eastbourne Rovers	No qualifiers from ER
Peter Moon = 7 – 677 Points				
David Cox 9 – 655 points				
Kevin Burton 14 - 599 points				
Team ERCC				

SCA Championship Points Competition

Points are automatically awarded for each championship event – 20 points for first place down to 1 point for 20th place.

10 m	Sat 01 May 2010	SCA Event	G10/97	Steyning
25 m	Sun 02 May 2010	SCA Event	G25/93	Steyning
50 m	Sun 06 Jun 2010	SCA Event	G50/10	Dial Post
100 m	Sun 25 Jul 2010	SCCU event	G100/60	Dial Post
HC 1672 yd	Sat 02 Oct 2010	SCA Event	GH/92	Steyning

SCA Championship Points Competition Results

2009	2008	2007	2006	2005
None listed for ER	None listed for ER	Peter Moon 1 – 45 points	No qualifiers from ER	No qualifiers from ER

SCA Best All Rounder, Middle and Short Distance Competition

The qualifying events are any open event promoted by SCA, ESCA, SCCU, or any club affiliated to SCA, or any open event taking place partly or wholly in Sussex that is published in the CTT handbook. If a course changes on the day due to road works etc. and the amended course enters Sussex the event may be included, conversely if the course is changed and the amended course does not enter Sussex the event will be excluded.

For a provisional list of qualifying events please refer to the **event listings on page 20 – 25**.

Please ensure you complete and return the SCA BAR claim form to the SCA Competition Secretary no later than 18 October 2010. The fastest three entries from each club at the close of the competition will automatically go forward for the team award.

Contact: Dave Abbott, Competition Secretary, 15 Longships, Littlehampton BN17 6SL, telephone 01903 722682 or e-mail biker.biker@hotmail.co.uk

SCA Best All Rounder Competition

Senior	Contested over 25, 50 and 100 miles in any qualifying event this season. Based on an average mph from the best performance at each distance.
Veteran	Contested over 25, 50 and 100 miles in any qualifying event this season. Based on the aggregate plus on standard from the best performance at each distance.
Ladies	Contested over 10, 25 and 50 miles in any qualifying event this season. Based on an average mph from the best performance at each distance.
Junior	Contested over 10 and 25 miles in any qualifying event this season. Based on an average mph from the best performance in 2 x 10 and 2 x 25 miles.

SCA Middle Distance Competition

Men / Women	Contested over 10, 25 and 50 miles in any qualifying event this season. Based on an average mph from the best performance in 2 x 10, 2 x 25 and 1 x 50 miles.
Veteran	Contested over 10, 25 and 50 miles in any qualifying event this season. Based on the aggregate plus on standard from the best performance in 2 x 10, 2 x 25 and 1 x 50 miles.

SCA Short Distance Competition

Men / Women	Contested over 10 and 25 miles in any qualifying event this season. Based on an average mph from the best performance in 3 x 10 and 3 x 25 miles.
Veteran	Contested over 10 and 25 miles in any qualifying event this season. Based on the aggregate plus on standard from the best performance 3 x 10 and 3 x 25 miles.

SCA Best All Rounder Competition Results

	2009	2008	2007	2006	2005
Senior	Iain Brogden 1 – 26.08 mph	Peter Moon 3 – 24.52 mph	Steve Frame 1 – 25.48 mph	Stuart Medhurst 4 – 23.55 mph	Stuart Medhurst 1 – 24.11 mph
	Peter Moon 3 – 24.36 mph	Stuart Medhurst 9 – 23.56 mph	Peter Moon 2 – 24.26 mph	Adam Ford 7 – 22.43 mph	Colin Jones 4 – 23.56 mph
		Adam Ford 12 – 22.40 mph	Stuart Medhurst 3 – 24.00 mph	-	Peter Moon 5 – 23.55 mph
		Tony Murphy 13 – 21.44 mph	-	-	-
		Emma Richards 16 – 20.40 mph	-	-	-
	-	-	Team ERCC	-	Team ERCC
Vet on Std	Peter Moon 3 + 1:24:19	Peter Moon 3 + 1:27:13	Peter Moon 3 + 01:17:42	Stuart Medhurst 3 + 0:47:24	Colin Jones 2 + 1:48:21
	Iain Brogden 4 + 1:13:08	Stuart Medhurst 5 + 1:04:07	Steve Frame 4 + 1:12:04	-	Stuart Medhurst 4 + 0:57:28
		Tony Murphy 8 + 0:06:58	Stuart Medhurst 5 + 1:00:12	-	Peter Moon 5 + 0:57:21
	-	-	Team ERCC	-	-
W	Emma Richards 1 – 23.20 mph	Emma Richards 1 – 21.92 mph	Emma Richards 1 – 21.36 mph	Emma Richards 1 – 22.16 mph	Libby Jones 1 – 22.92 mph

SCA Middle Distance Competition Results

	2009	2008	2007	2006	2005
Senior	Iain Brogden 2 – 27.51 mph	Iain Brogden 3 – 26.09 mph	Steve Frame 2 – 27.09 mph	Stuart Medhurst 7 – 25.16 mph	Colin Jones 1 – 25.32 mph
	Peter Moon 9 – 25.74 mph	Peter Moon 5 – 25.65 mph	Stuart Medhurst 3 – 25.85 mph	H Featherstone 9 – 23.97 mph	Peter Moon 4 – 24.64 mph
	Kevin Burton 11 – 25.74	Stuart Medhurst 7 – 24.96 mph	H Featherstone 6 – 24.12 mph	Adam Ford 10 – 23.94 mph	Paul Charlton 5 – 24.62 mph
	David Cox 12 – 23.28 mph	Andrew Stobbart 9 – 23.73 mph	Dave Cox 7 – 23.71 mph	Dave Cox 12 – 23.59 mph	H Featherstone 6 – 24.26 mph
	Emma Richards 13 – 23.12 mph	Adam Ford 10 – 23.71 mph	-	Nigel Abbott 13 – 23.37 mph	Dave Cox 8 – 23.50 mph
	Alan Symonds 16 – 22.15 mph	H Featherstone 11 – 23.61 mph	-	Tony Murphy 15 – 22.95 mph	Andrew Parsons 10 – 22.82 mph
		Dave Cox 14 – 23.47 mph	-	Andrew Parsons 16 – 22.46 mph	Libby Jones 11 – 22.60 mph
		Tony Murphy 16 – 22.84 mph	-	Emma Richards 17 – 21.85 mph	-
	Emma Richards 17 – 21.99 mph				
	-	-	Team ERCC	-	Team ERCC
Vet on Std	Alan Symonds 4 + 1:20:03	H Featherstone 1 + 1:46:36	H Featherstone 1 + 1:51:19	H Featherstone 1 + 1:41:13	H Featherstone 1 + 1:44:29
	David Cox 7 + 1:03:13	Dave Cox 7 + 1:04:32	Dave Cox 5 + 1:01:04	Dave Cox 7 + 0:59:16	Colin Jones 4 + 1:13:20
	Peter Moon 9 + 0:55:16	Alan Symonds 8 + 0:58:03	Steve Frame 6 + 0:53:35	Stuart Medhurst 10 + 0:39:26	Dave Cox 6 + 0:55:28
	Iain Brogden 11 + 0:53:59	Peter Moon 9 + 0:52:30	Stuart Medhurst 7 + 0:48:00	Nigel Abbott 11 + 0:30:44	Peter Moon 7 + 0:33:50
	Kevin Burton 12 + 0:49:52	Stuart Medhurst 11 + 0:38:11	-	Tony Murphy 13 + 0:06:10	Paul Charlton 8 + 0:32:17
		Andrew Stobbart 12 + 0:27:02	-	Andrew Parsons 14 + 0:00:11	Libby Jones 9 + 0:30:05
		Tony Murphy 14 + 0:06:58	-	-	Andrew Parsons 10 + 0:11:56
	Team ERCC	Team ERCC	Team ERCC	Team ERCC	Team ERCC
W	Emma Richards 1 – 23.12 mph	Emma Richards 1 – 21.99 mph	-	Emma Richards 1 – 21.85 mph	Libby Jones 1 – 22.60 mph

SCA Short Distance Competition Results

	2009	2008	2007	2006	2005
Senior	Iain Brogden 1 – 27.68 mph	Iain Brogden 3 – 26.49 mph	Steve Frame 1 – 27.09 mph	Stuart Medhurst 7 – 25.30 mph	Colin Jones 1 – 25.46 mph
	Peter Moon 6 – 25.11 mph	Peter Moon 6 – 25.68 mph	Stuart Medhurst 2 – 26.05 mph	H Featherstone 9 – 24.22 mph	Paul Charlton 7 – 24.30 mph
	Kevin Burton 8 – 24.10 mph	Stuart Medhurst 7 – 25.21 mph	H Featherstone 4 – 24.21 mph	Adam Ford 10 – 24.17 mph	H Featherstone 8 – 24.30 mph
	David Cox 9 – 23.40 mph	Andrew Stobbart 9 – 23.84 mph	Dave Cox 5 – 23.92 mph	Dave Cox 11 – 24.08 mph	Dave Cox 9 – 23.57 mph
	H Featherstone 10 – 23.12 mph	Adam Ford 11 – 23.69 mph	-	Nigel Abbott 13 – 23.51 mph	-
		H Featherstone 12 – 23.76 mph	-	Andrew Parsons 15 – 22.80 mph	-
		Dave Cox 13 – 23.54 mph	-	Theresa Abbott 16 – 22.09 mph	-
	Team ERCC	-	Team ERCC	-	Team ERCC
Vet on Std	H Featherstone 1 + 1:27:27	H Featherstone 1 + 1:29:57	H Featherstone 1 + 1:34:33	H Featherstone 1 + 1:29:54	H Featherstone 1 + 1:27:54
	David Cox 5 + 0:53:41	Dave Cox 5 + 0:52:39	Dave Cox 3 + 0:53:15	Dave Cox 6 + 0:52:36	Colin Jones 3 + 1:04:23
	Peter Moon 8 + 0:48:30	Peter Moon 6 + 0:41:07	Steve Frame 4 + 0:43:23	Stuart Medhurst 10 + 0:32:26	Dave Cox 6 + 0:46:58
	Iain Brogden 9 + 0:44:37	Stuart Medhurst 7 + 0:35:03	Stuart Medhurst 5 + 0:38:31	Theresa Abbott 11 + 0:26:28	Paul Charlton 8 + 0:20:57
	Kevin Burton 10 + 38.48	Andrew Stobbart 9 + 0:21:26	-	Nigel Abbott 12 + 0:26:09	-
		-	-	Andrew Parsons 15 + 0:08:01	-
Team ERCC	Team ERCC	Team ERCC	Team ERCC	Team ERCC	
W	-	-	-	Theresa Abbott 1 – 22.09 mph	-

The qualifying events include the South Eastern RC 10 in July and the Anerley BC 50 in August.

For a provisional list of qualifying events please refer to the **event listings on page 20 – 25**.

SCCU Best All Rounder Competition

Senior	Contested over 25, 50 and 100 miles in any SCCU qualifying event this season. Based on an average mph from the best performance at each distance.
Veteran	Contested over 25, 50 and 100 miles in any SCCU qualifying event this season. Based on the aggregate plus on standard from the best performance at each distance.
Ladies	Contested over 10, 25 and 50 miles in any SCCU qualifying event this season. Based on an average mph from the best performance at each distance.
Junior	Contested over 10 and 25 miles in any SCCU qualifying event this season. Based on an average mph from the best performance in at each distance.

SCCU Senior Best All Rounder Competition Results

Year	Pos	Rider	25 m	50 m	100 m	Av mph
2009	-	No qualifiers from ER	-	-	-	-
2008	8	Peter Moon	1:00:45	2:01:34	4:16:53	24.242
2007	2	Steve Frame	0:56:07	1:56:30	4:18:53	25.219
	13	Peter Moon	1:10:47	2:00:08	4:21:23	23.039
2006	-	No qualifiers from ER	-	-	-	-
2005	-	No qualifiers from ER	-	-	-	-

SCCU Veteran Best All Rounder Results

Year	Pos	Rider	25 m	50 m	100 m	+ on Std
2009	-	No qualifiers from ER	-	-	-	-
2008	6	Peter Moon	+ 08:48	+ 22:49	+ 52:58	+ 1:24:35
2007	5	Steve Frame	+ 10:23	+ 21:33	+ 37:21	+ 1:09:17
	6	Peter Moon	- 01:45	+ 23:11	+ 46:10	+ 1:07:36
2006	-	No qualifiers from ER	-	-	-	-
2005	-	No qualifiers from ER	-	-	-	-

Competitions are run on both a group and a national level. In order to qualify you must subscribe to the VTTA as an individual, and submit your results to the Group Recorder by 18 October. Details on VTTA membership can be found on page 46

Best All Rounder	Contested over 25, 50, 100 miles and 12 hours in any open event this season. Based on an average mph of the actual time less an average mph of the standard time from the best performance at each distance – see note on page 26.
Three Distance	Contested over 25, 50 and 100 miles in any open event this season. Based on the aggregate plus on standard from the best performance at each distance.
Points	Despite several modifications to the regulations the points competition failed to attract sufficient qualifiers and has been discontinued.

If you would like to enter the group Best All Rounder or the Three Distance competition please download a claim form from the Surrey/Sussex website, **www.surreysussexgp.freeuk.com**, and send to the Group Recorder, together with a copy of the relevant result sheets for verification. Once verified, the Group Recorder will submit your results to the National Recorder on your behalf for inclusion in the national competition.

Contact: Tim Carpenter, VTTA (Surrey/Sussex) Recorder, 8 Breer Street, Fulham, London SW6 3HD, telephone 0207 7314831

VTTA Best All Rounder Competition Results

Year	S/S Pos	Nat Pos	Rider	25 m	50 m	100 m	12 hour	Av + mph
2009	-	-	No qualifiers from ER	-	-	-	-	-
2008	2	41	Peter Moon	0:58:47	1:57:49	4:16:53	243.497	3.783
2007	-	-	No qualifiers from ER	-	-	-	-	-

VTTA Three Distance Competition Results

Year	S/S Pos	Nat Pos	Rider	25 m	50 m	100 m	+ on Std
2009	2	47	Vic Butler	0:59:13	2:07:40	4:42:45	+ 2:13:28
	7	126	Peter Moon	0:58:35	2:01:13	4:23:29	+ 1:24:24
2008	4	85	Peter Moon	0:58:47	1:57:49	4:16:53	+ 1:30:18
	9	115	Stuart Medhurst	0:57:23	2:09:29	4:26:13	+ 1:06:49
	14	137	Tony Murphy	1:04:10	2:22:44	5:01:06	+ 0:06:56
	1	4	Team ERCC				+ 2:44:03
2007	7	= 118	Steve Frame	0:54:17	1:54:19	4:18:53	+ 1:13:18
	10	132	Stuart Medhurst	0:57:40	2:01:52	4:35:20	+ 1:01:08

KCA Best All Rounder Competition

The qualifying events include some from the VTTA Kent Group and the SCCU 100 in July.

For a provisional list of qualifying events please refer to the **event listings on page 20 – 25**.

Senior	Contested over 25, 50, 100 miles and 12 hours in any KCA qualifying event this season. Based on an average mph from the best performance at each distance.
Veteran	Contested over 25, 50, 100 miles and 12 hours in any KCA qualifying event this season. Based on an average mph of the actual time less an average mph of the standard time from the best performance at each distance – see note on page 28.
Ladies	Contested over 10, 25 and 50 miles in any KCA qualifying event this season. Based on an average mph from the best performance at each distance.

No qualifiers from Eastbourne Rovers in 2009

KCA Three Distance Competition

Senior	Contested over 10, 25 and 50 miles in any KCA event this season. Based on an average mph from the best performance at each distance.
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No qualifiers from Eastbourne Rovers in 2009

2009 Rovers Roundup**Membership Analysis**

Membership Type	2009	2008	2007	2006	2005
Life Member	4	4	4	4	4
Senior including P and VPs	45	43	47	53	62
2nd Claim	2	2	1	2	2
Junior	1	1	2	1	3
Juvenile	0	0	1	3	2
Associate	7	6	6	6	7
Total Members	59	56	61	69	80

Seniors

Iain Brogden	Sat 23 May 2009	Eastbourne Rovers	10	G10/87	0:21:59
Iain Brogden	Sat 12 Sep 2009	ESCA	10	G10/87	0:21:39

Ladies

Emma Richards	Sat 23 May 2009	Eastbourne Rovers	10	G10/87	0:26:31
Emma Richards	Sat 06 Jun 2009	VTTA (Surrey/Sussex)	10	G10/87	0:26:31
Emma Richards	Sun 16 Aug 2009	Eastbourne Rovers	25	G25/89	1:07:30
Emma Richards	Sat 22 Aug 2009	Redmon CC	10	G10/42	0:25:13
Emma Richards	Sun 06 Sep 2009	Bognor Regis	25	P901/25	1:05:31
Emma Richards	Sat 12 Sep 2009	ESCA	10	G10/87	0:26:21

Vet on Standard

H Featherstone	Sat 18 Apr 2009	ESCA	10	G10/87	0:05:40
H Featherstone	Sun 19 Apr 2009	ESCA	25	G25/89	0:16:28
H Featherstone	Sat 02 May 2009	SCA	10	G10/97	0:08:10
H Featherstone	Sun 10 May 2009	Norwood Paragon	25	G25/53	0:19:39
H Featherstone	Sat 16 May 2009	GS Stella	10	G10/98	0:07:02
H Featherstone	Sat 23 May 2009	Eastbourne Rovers	10	G10/87	0:07:12
H Featherstone	Sun 31 May 2009	Westerley CC	25	H25/2	0:20:50
H Featherstone	Sat 22 Aug 2009	Redmon CC	10	G10/42	0:07:43
H Featherstone	Sun 30 Aug 2009	VTTA (Wessex)	25	P901/25	0:20:49
H Featherstone	Sun 06 Sep 2009	SCCU	25	G25/53	0:19:35
H Featherstone	Sat 12 Sep 2009	ESCA	10	G10/87	0:07:42
H Featherstone	Sun 13 Sep 2009	ESCA	25	G25/89	0:19:20
H Featherstone	Sat 19 Sep 2009	Festival RC	10	G10/42	0:08:18
H Featherstone	Sun 20 Sep 2009	VTTA (Surrey/Sussex)	25	G25/89	0:20:22

Miscellaneous First Places – Time Trials

H Featherstone	Sat 05 Sep 2009	Addiscombe CC 10 – Age Group	70+ yrs
Iain Brogden	Sun 04 Oct 2009	Blenheim 20km – Age Group	40-44 yrs
H Featherstone	Sun 13 Sep 2009	ESCA Combined W/E – 1st Vet on Std	+ 0:27:02
H Featherstone	Sun 19 Apr 2009	ESCA Combined W/E – 1st Vet on Std	+ 0:22:08
Emma Richards	Sun 13 Sep 2009	ESCA Combined W/E – 1st Lady	1:32:51

First Place Team on Actual

Team Members	Event Date	Event	Dist	Course	Time
Iain Brogden Peter Moon David Cox	Sun 12 Jul 2009	Southborough Wheelers	25	G25/89	3:08:09

First Place Vet Team on Standard

Team Members	Event Date	Event	Dist	Course	Plus
Alan Symonds Harry Featherstone Peter Moon	Sat 06 Jun 2009	VTTA (Surrey/Sussex)	10	G10/87	0:15:14
Harry Featherstone Alan Symonds David Cox	Sun 19 Jul 2009	Bec CC / VTTA (Surrey/Sussex)	25	G25/53	0:40:17
Harry Featherstone Alan Symonds Vic Butler	Sun 20 Sep 2009	VTTA (Surrey/Sussex)	25	G25/89	0:49:43

First Place 2up Vet Team on Standard

Team Members	Event Date	Event	Dist	Course	Plus
Stuart Medhurst Peter Moon	Sun 05 Apr 2009	ESCA	23.9	GS/839	0:09:39

First Places for Road Racing in 2009

Miscellaneous First Places

Vic Butler	Sun 05 Jul 2009	Dave Griffiths Memorial Road Race	65-70 yrs
Vic Butler	Sun 18 Oct 2009	Festival RC – LVRC	65-70 yrs
Vic Butler	2009 Season	LVRC MStina SE Series – 101 points	65-70 yrs

These results for **1st claim members** of Eastbourne Rovers have been collated from the CTT website and information provided by individual members.

Fastest Senior on Actual this Season

Iain Brogden	Sat 01 Aug 2009	Old Portlians	10	G10/57	0:21:08
Iain Brogden	Sun 06 Sep 2009	Bognor Regis CC	25	P901/25	0:54:49
Iain Brogden	Sun 28 Jun 2009	SCCU	50	G50/53	1:53:21
Iain Brogden	Sun 05 Jul 2009	ESCA	100	G100/86	4:05:45

Fastest Woman on Actual this Season

Emma Richards	Sat 01 Aug 2009	Old Portlians	10	G10/57	0:24:17
Emma Richards	Sun 06 Sep 2009	Bognor Regis CC	25	P901/25	1:05:31
Emma Richards	Sun 09 Aug 2009	Anerley BC	50	G50/53	2:16:27

Fastest Veteran on Actual this Season

Iain Brogden	Sat 01 Aug 2009	Old Portlians	10	G10/57	0:21:08
Iain Brogden	Sun 06 Sep 2009	Bognor Regis CC	25	P901/25	0:54:49
Iain Brogden	Sun 28 Jun 2009	SCCU	50	G50/53	1:53:21
Iain Brogden	Sun 05 Jul 2009	ESCA	100	G100/86	4:05:45

Highest Veteran Plus on Standard this Season

H Featherstone	Sat 19 Sep 2009	Festival RC	10	G10/42	0:08:18
H Featherstone	Sun 11 Oct 2009	Hillingdon CC	25	H25/2	0:22:49
Vic Butler	Sun 26 Jul 2009	Bognor Regis CC	50	P901/50	0:38:35
Vic Butler	Sun 19 Jul 2009	N Middlesex & Herts CA	100	F1/100	1:14:01

Fastest Team of 3 on Actual this Season

Iain Brogden Peter Moon Adam Ford	Sat 01 Aug 2009	Old Portlians	10	G10/57	1:07:07
Iain Brogden Stuart Medhurst Peter Moon	Sun 26 Apr 2009	Addiscombe CC	25	G25/53	2:56:58
Iain Brogden Peter Moon Stuart Medhurst	Sun 14 Jun 2009	ESCA	50	G50/89	6:12:46

Fastest Veteran Team of 3 on Actual this Season

Iain Brogden Peter Moon Tony Murphy	Sat 01 Aug 2009	Old Portlians	10	G10/57	1:07:22
Iain Brogden Stuart Medhurst Peter Moon	Sun 26 Apr 2009	Addiscombe CC	25	G25/53	2:56:58
Iain Brogden Peter Moon Stuart Medhurst	Sun 14 Jun 2009	ESCA	50	G50/89	6:12:46

Highest Veteran Plus on Standard Team of 3 this Season

Harry Featherstone David Cox Peter Moon	Thu 18 Jun 2009	Bognor Regis CC	10	P901	0:16:43
Harry Featherstone Alan Symonds Vic Butler	Sun 20 Sep 2009	VTTA (Surrey/Sussex)	25	G25/89	0:49:43
Vic Butler Alan Symonds David Cox	Sun 26 Jul 2009	Bognor Regis CC	50	P901/50	1:36:53

10 miles	Name	Time	Year
Senior	Paul Woodman	20:03	2002
Lady	Helen Carter	23:06	2003
Junior	Keith Newsam	21:30	1999
Juvenile	Daniel Frederick	22:46	2002
Tandem	Steve Frame / Alan Rolfe	20:37	2003
Tricycle	Alan Rolfe	23:35	2002
Team	Jon Sharples Nick Leech Lloyd Grayston	1:02:03	2000
Ladies Team	Lisa Griffiths Helen Carter Louise Denton	1:17:45	2003
Veteran	Paul Woodman	20:03	2003
Veteran Team	Boyd Johnson Peter Moon Colin Jones	1:06:06	2003
Veteran on Standard	Harry Featherstone	+ 10:05	2004
Veteran Team on Standard	Harry Featherstone Charles Robson Colin Jones	+ 23:44	2001

15 miles	Name	Time	Year
Lady	Andrea Winchester	39:07	1987

25 miles	Name	Time	Year
Senior	Jon Sharples	50:31	1999
Lady	Andrea Winchester	57:33	1990
Junior	Keith Newsam	54:45	1999
Juvenile	Tim Fuller	59:24	1981
Tricycle	Alan Rolfe	59:49	2003
Team	Jon Sharples Alan Rolfe Keith Newsam	2:39:37	1999
Veteran	Paul Woodman	52:32	2001
Veteran Team	Paul Woodman Colin Jones Paul Charlton	2:53:29	2003
Veteran on Standard	Harry Featherstone	+ 25:32	1998
Veteran Team on Standard	Harry Featherstone Charles Robson Colin Jones	+ 53:03	1999

30 miles	Name	Time	Year
Senior	Boyd Johnson	1:04:19	2002
Lady	Andrea Winchester	1:19:51	1987
Juvenile	Keith Newsham	1:14:41	1999
Tandem	Ken Stevens / Brian Guy	1:05:45	1968
Tricycle	Brian Guy	1:18:58	1967
Team	Simon Prior Lloyd Grayston Alan Rolfe	3:19:41	1998
Team Tandem	Les Springett / Brian Smith Tony Miller / Roly Wickham	2:23:03	1950
Veteran	Boyd Johnson	1:04:19	2002
Veteran Team	Boyd Johnson Harry Featherstone Colin Jones	3:30:40	2001
Veteran on Standard	Harry Featherstone	+ 27:15	2002
Veteran Team on Standard	Harry Featherstone Charles Robson Colin Jones	+ 1:04:47	2002

50 miles	Name	Time	Year
Senior	Jon Sharples	1:47:57	1999
Lady	Andrea Winchester	1:57:45	1989
Junior	Steven Wright	2:07:17	1992
Juvenile	Keith Newsam	2:12:24	1999
Tandem	Ken Stevens / Brian Guy	1:57:24	1968
Tricycle	Alan Rolfe	2:03:33	2003
Team	Jon Sharples Simon Prior Lloyd Grayston	5:29:42	1999
Veteran	Boyd Johnson	1:49:48	2002
Veteran Team	Nick Rudkin Stuart Medhurst Peter Moon	5:56:09	2004
Veteran on Standard	Harry Featherstone	+ 49:43	2002
Veteran Team on Standard	Harry Featherstone Charles Robson Colin Jones	+ 1:50:59	1998

100 miles	Name	Time	Year
Senior	Simon Prior	4:01:27	1997
Lady	Andrea Winchester	4:05:32	1990
Junior	Steven Wright	4:35:55	1993
Juvenile	Simon Prior	4:44:43	1980
Tricycle	Ray Gearing	5:08:27	1981
Team	Lloyd Grayston Jon Sharples Simon Prior	12:16:46	1999
Veteran	Iain Brogden	4:05:45	2009
Veteran Team	Steve Frame Peter Moon Stuart Medhurst	13:15:46	2007
Veteran on Standard	Harry Featherstone	+ 1:35:16	2003
Veteran Team on Standard	Harry Featherstone Colin Jones Charles Robson	+ 3:15:33	1998

12 Hours	Name	Miles	Year
Senior	Simon Prior	258.146	1998
Lady	Andrea Winchester	222.004	1990
Tricycle	Ray Gearing	212.913	1982
Team	Jerry Keen Charles Robson Ray Gearing (Tr)	702.195	1982
Veteran	Peter Moon	256.087	2002
Veteran Team	Geoff Baker Charles Robson Richard Thomas	700.823	1986
Veteran on Standard	Charles Robson	+ 40.984	1981
Veteran Team on Standard	Geoff Baker Charles Robson Richard Thomas	+ 73.975	1986

24 Hours	Name	Miles	Year
Senior	Charles Robson	447.891	1982
Veteran	Charles Robson	447.891	1982
Veteran on Standard	Charles Robson	+ 90.851	1982

Awards will be given to riders over 40 who better these times

Club Courses		Name	Time	Year
10 m	G10/83 Pevensey	Jon Sharples	20:54	2001
14.07 m	GS/884 Pevensey	Jon Sharples	31:33	2000
25 m	G25/84 Pevensey	Jon Sharples	55:57	1999
25 m	G25/80 East Hoathly	Iain Brogden	56:27	2009

Club Circuits		Name	Time	Year
7.2 m	GS/834 Birling Gap	Iain Brogden	18:08	2009
14.4 m	GS/834 Birling Gap	Iain Brogden	37:50	2009

Club Hill Climbs		Name	Time	Year
Birling Gap to Beachy Head		Gavin Smith	5m 39.8s	1980
High and Over		Gavin Smith	3m 10.8s	1983
Firle Beacon		Ray Gearing	4m 46.6s	1984

Acknowledgments

Thank you to all the members who have contributed to the successful running of the club throughout the year, whether by being an official of the club, organising or assisting at events, or just lending a hand when needed. Anyone who can help in the future with timekeeping, recording, pushing off or marshalling, even at just a few events during the season, is most welcome – please contact Brian Holt, Harry Featherstone or Dave Cox.

Veteran Time Trial Association

The VTTA is a national association for anyone over 40 with an interest in time trialling. For membership and event information please visit their website www.vtta.org.uk

Regional Contact: Esther Carpenter, Surrey/Sussex Group Secretary, 10 Maplehurst Road, St. Leonard's on Sea, East Sussex TN37 7NA, telephone 01424 751581

League of Veteran Racing Cyclists

The LVRC is an independent body providing events of all kinds including road, time trial and track racing for cyclists who are 40 years of age or more. For membership and event information please visit their website www.lvrc.org

Regional Contact: Mike Cross, Region 9 Registrar, 27 Springfield Crescent, Horsham, West Sussex RH12 2PP, telephone 01403 250012, mobile 07785 242974 or e-mail reg9reg@hotmail.co.uk

Men	10 m	25 m	30 m	50 m	100 m	12 hr	24 hr	Women
40	0:25:30	1:06:00	1:19:12	2:17:01	4:54:02	225.00	393.75	
41	0:25:42	1:06:30	1:19:48	2:18:03	4:56:14	223.31	390.79	
42	0:25:54	1:07:00	1:20:24	2:19:05	4:58:29	221.63	387.86	
43	0:26:06	1:07:30	1:21:00	2:20:08	5:00:43	219.97	384.95	
44	0:26:18	1:08:00	1:21:36	2:21:10	5:02:56	218.32	382.06	
45	0:26:30	1:08:31	1:22:13	2:22:14	5:05:15	216.69	379.20	
46	0:26:42	1:09:02	1:22:50	2:23:19	5:07:33	215.06	376.36	
47	0:26:54	1:09:33	1:23:27	2:24:23	5:09:51	213.45	373.53	
48	0:27:07	1:10:04	1:24:04	2:25:28	5:12:09	211.84	370.73	40
49	0:27:20	1:10:35	1:24:42	2:26:32	5:14:27	210.26	367.95	41
50	0:27:33	1:11:07	1:25:20	2:27:38	5:16:49	208.68	365.19	42
51	0:27:46	1:11:39	1:25:58	2:28:45	5:19:12	207.11	362.45	43
52	0:27:59	1:12:11	1:26:37	2:29:51	5:21:35	205.56	359.73	44
53	0:28:12	1:12:43	1:27:16	2:30:58	5:23:57	204.02	357.04	45
54	0:28:25	1:13:16	1:27:55	2:32:06	5:26:24	202.49	354.36	46
55	0:28:38	1:13:49	1:28:34	2:33:15	5:28:51	200.97	351.70	47
56	0:28:52	1:14:22	1:29:14	2:34:23	5:31:18	199.46	349.06	48
57	0:29:06	1:14:55	1:29:54	2:35:32	5:33:45	197.97	346.44	49
58	0:29:20	1:15:29	1:30:35	2:36:42	5:36:17	196.48	343.85	50
59	0:29:34	1:16:03	1:31:16	2:37:53	5:38:48	195.01	341.27	51
60	0:29:48	1:16:37	1:31:57	2:39:03	5:41:20	193.54	338.71	52
61	0:30:02	1:17:11	1:32:37	2:40:14	5:43:51	192.09	336.17	53
62	0:30:16	1:17:45	1:33:18	2:41:25	5:46:23	190.65	333.64	54
63	0:30:30	1:18:20	1:34:00	2:42:37	5:48:59	189.22	331.14	55
64	0:30:45	1:18:55	1:34:42	2:43:50	5:51:34	187.80	328.66	56
65	0:31:00	1:19:30	1:35:24	2:45:03	5:54:10	186.39	326.19	57
66	0:31:15	1:20:05	1:36:06	2:46:15	5:56:46	185.00	323.75	58
67	0:31:30	1:20:41	1:36:49	2:47:30	5:59:27	183.61	321.32	59
68	0:31:45	1:21:17	1:37:32	2:48:45	6:02:07	182.23	318.91	60
69	0:32:00	1:21:53	1:38:16	2:49:59	6:04:47	180.86	316.51	61
70	0:32:15	1:22:30	1:39:00	2:51:16	6:07:32	179.51	314.14	62
71	0:32:30	1:23:07	1:39:44	2:52:33	6:10:17	178.16	311.78	63
72	0:32:46	1:23:44	1:40:29	2:53:50	6:13:02	176.82	309.45	64
73	0:33:02	1:24:22	1:41:14	2:55:09	6:15:51	175.50	307.13	65
74	0:33:18	1:25:00	1:42:00	2:56:28	6:18:41	174.18	304.82	66
75	0:33:34	1:25:38	1:42:46	2:57:46	6:21:30	172.88	302.54	67
76	0:33:50	1:26:17	1:43:32	2:59:07	6:24:24	171.58	300.27	68
77	0:34:06	1:26:56	1:44:19	3:00:28	6:27:17	170.29	298.02	69
78	0:34:22	1:27:35	1:45:06	3:01:49	6:30:11	169.02	295.78	70
79	0:34:38	1:28:14	1:45:53	3:03:11	6:33:07	167.75	293.56	71
80	0:34:55	1:28:54	1:46:41	3:04:33	6:36:04	166.49	291.36	72
81	0:35:12	1:29:34	1:47:29	3:05:56	6:39:01	165.24	289.17	73
82	0:35:29	1:30:14	1:48:17	3:07:20	6:42:00	164.00	287.01	74
83	0:35:46	1:30:55	1:49:06	3:08:44	6:45:02	162.77	284.85	75
84	0:36:03	1:31:36	1:49:55	3:10:09	6:48:05	161.55	282.72	76
85	0:36:20	1:32:17	1:50:44	3:11:35	6:51:07	160.34	280.60	77
	0:36:37	1:32:59	1:51:34	3:13:01	6:54:14	159.14	278.49	78
	0:36:54	1:33:41	1:52:24	3:14:28	6:57:21	157.94	276.40	79
	0:37:12	1:34:23	1:53:14	3:15:55	7:00:33	156.76	274.33	80
	0:37:30	1:35:05	1:54:04	3:17:23	7:03:44	155.58	272.27	81
	0:37:48	1:35:48	1:54:55	3:18:52	7:06:55	154.42	270.23	82
	0:38:06	1:36:31	1:55:46	3:20:21	7:10:07	153.26	268.20	83
	0:38:24	1:37:15	1:56:40	3:21:51	7:13:20	152.11	266.19	84
	0:38:42	1:37:59	1:57:32	3:23:21	7:16:35	150.97	264.19	85

This is a précis of some of the pertinent rules – please refer to the CTT Handbook or website www.ctt.org.uk/regulations.asp for full details as it is the responsibility of all riders to ensure that they comply with the Regulations.

- **Rule 1 - Observance of Regulations & Behaviour** – Competitors, officials, helpers or members of affiliated clubs shall not act or behave in a manner such as to give offence to the public interest or such as to bring the sport into disrepute.
- **Rule 8 – Club Membership** – A rider may only be a first claim member of one club and must enter Open and Semi-open events in the name of that club. A rider who changes his club after the closing date for entries must ride in the name of the new club but is not eligible for any team award. A rider may only change his first claim club once in any calendar year.
- **Rule 11 – Entry to Open Events** – All entries shall be on the current Standard entry form (Jan 2007) together with the correct entry fee. Any omission or inaccuracy may constitute a breach of Regulations.
- **Rule 12 – Null & Void Performances** – A performance is null and void when the event is declared null and void, or the rider is disqualified from an event.
- **Rule 13 – New or Improved Performances** – For handicap and time category events, any improvement or new performance occurring more than three days before the event must be notified to the promoting secretary. This must be done within three days of the new or improved performance.
- **Rule 15 – Protective Helmets** – Competitors under the age of 18 years and/or Junior must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised standard.
- **Rule 17 – Signing-on Sheet** – The Competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the Official Signing-on Sheet when collecting their number.
- **Rule 18 – Covering the Course** – The onus of keeping to the course rest with each rider. When dismounted a competitor must wheel or carry his machine without assistance whilst covering any portion of the course.
- **Rule 19 – Awareness of Surroundings** – Competitors must not wear head/earphones associated with audio equipment except hearing aids. Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.
- **Rule 20 – Observance of the Law** - All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use.
- **Rule 21 – Paced & Company Riding** – Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.
- **Rule 22 – Use of Motor Vehicles** – A competitor shall not be preceded, accompanied, followed by or in any way receive assistance from a motorised vehicle or its occupants, except in events at distances of 100km or more to assist with a competitor's reasonable feeding and other requirements. Where vehicles are to be authorised a full description of the vehicle and registration number shall be given to the event promoter prior to the start of the competition.
- **Rule 23 – Feeding** – Competitors may only be handed food, drink or equipment from a helper who is on foot. The use of breakable vessels is prohibited. Every precaution must be taken to ensure that other traffic is not impeded.
- **Rule 24 – Disease, Disability and Medical Treatment** – No person may compete whilst knowingly suffering from any disease, mental or physical disorder or is undergoing medical treatment which makes it unsafe or undesirable to do so.
- **Rule 25 – Use of Proscribed Substances** – It is an offence for a competitor in any event to use or to have administered to him any proscribed substance that might affect his competitive performance. A rider receiving medical treatment which could include a proscribed substance must not compete in time trials.
- **Rule 42 – Reporting Accidents** – If a competitor is involved in an accident in or in the vicinity of an event which either results in personal injury, involves a third party or is reported to the police, they must report the circumstances to the Event Secretary as soon as possible.



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